



DATE: 4/4  
FORMAT: Hurricane

### STRENGTH Side

Focus: Total Body

| L1  | L2    | L3    | Exercise:                      | L1  | L2    | L3  |
|-----|-------|-------|--------------------------------|-----|-------|-----|
| 8:8 | 10:10 | 12:12 | Squat Press/Shoulder Press     | <10 | 12-20 | 25+ |
| 10  | 12    | 15    | Kneeling Slamball              | 20  | 20    | 20  |
| 8   | 8     | 8     | Rotational Row (ea)            | <10 | 12-20 | 25+ |
| 8:8 | 10:10 | 12:12 | Candlesticks/butterfly sit ups | -   | -     | -   |

### HIIT Side

Focus: Total Body

| L1  | L2    | L3    | Exercise:                           | L1  | L2 | L3  |
|-----|-------|-------|-------------------------------------|-----|----|-----|
| 8:8 | 10:10 | 12:12 | MYO Blast off squats /MYO roll outs | -   | -  | -   |
| 2   | 3     | 3     | 5:1 OTS stone toss/Burpee           | Lt  | Lt | Hvy |
| 20  | 30    | 40    | BR V-Sit                            | -   | -  | -   |
| 6   | 8     | 10    | Wallball Yo-Yo                      | <12 | 16 | 20  |

\*\*\* 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 \*\*\*

### Bike Protocol:

|                                  |
|----------------------------------|
| <b>Bike Abbreviations</b>        |
| OOS – Out Of Saddle              |
| S – Seated                       |
| SP – Sprint                      |
| C – Climb                        |
| TC –Trainer's Choice             |
| (Sprint, Climb, Tier etc..)      |
| *No CHALLENGES on TC*            |
| LMAO – Last Minute All Out       |
| CEC- Class Energy Challenge      |
| CDC- Class Distance Challenge    |
| CCC- Class Calorie Challenge     |
| AFAP- As Far/Fast as Possible    |
| EMOM- Every Minute on the Minute |
| EHM- Every Half Minute           |
| RR= Recovery Ride                |

| Time                                    | Type | L1 | L2 | L3 |
|---|------|----|----|----|
| Bike Ride:                              |      |    |    |    |
|   | TC   |    |    |    |
| PELO- Odds vs Evens: First to 0.5       |      |    |    |    |
|   | RR   |    |    |    |
|   | TC   |    |    |    |
| TEAM- Odds vs Evens: First to 25 points |      |    |    |    |
|   | RR   |    |    |    |
|   | TC   |    |    |    |
|   |      |    |    |    |

### Format & Rotation Options

|   |
|---|
| Revolution- Members Split on the circuits first       |
| 3C- Members Distribute Evenly on Bike, Strength, HIIT |
| TIC- Timed Interval Circuit                           |
| ORA- One Round Assault                                |
| Funnel- Decreasing a Rep each Round                   |
| Reverse Funnel- Adding a Rep each Round               |
| AMRAP- As Many Rounds As Possible                     |

### Recovery Protocol:

|  |
|--|
| <b>Standing triceps extend and reach</b> |
| <b>Lying Spinal Twist</b>                |
| <b>Hand Behind Back</b>                  |
| <b>Arm Across Stretch</b>                |
| <b>Cobra/DownDog</b>                     |